

NOVEMBER 2003

FREE MONTHLY

KDN PP 13592/9/2004

14th Raja Muda International Regatta

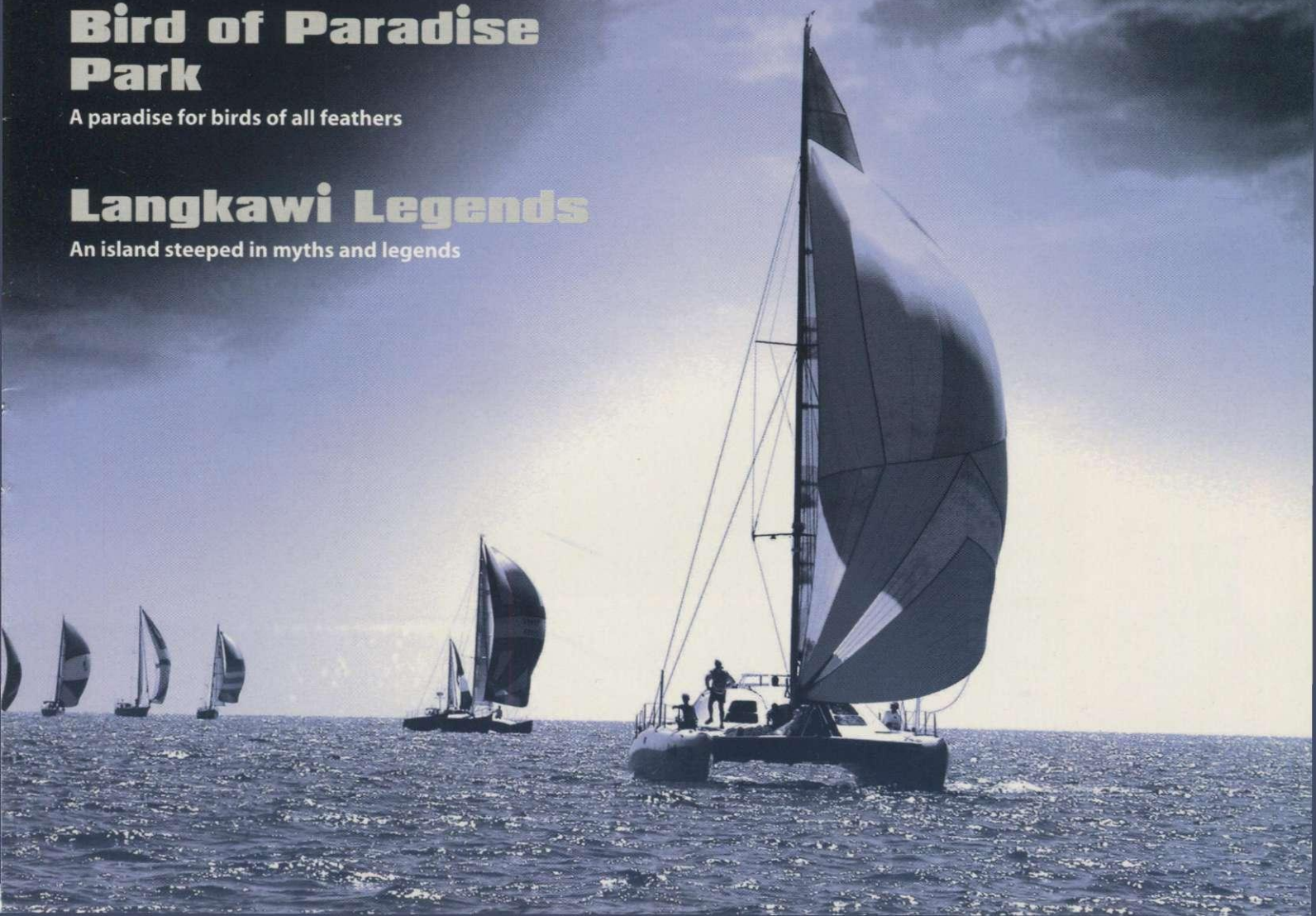
Get ready for a race like no other

Bird of Paradise Park

A paradise for birds of all feathers

Langkawi Legends

An island steeped in myths and legends



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Tuan Besar says...

Dear readers,

Welcome to Langkawi, an island rich in natural abundance, scenery and steeped in myths and legends, as you'll read about it in this issue of Senses. For those weary travellers looking to breakaway from the hustle and bustle of city life, you'll find the lushness of the island is a soothing balm to the mind, body and soul.

Interestingly, the month of November promises a load of fun-filled activities - enough to evoke and excite your senses. The 14th Raja Muda International Regatta is one of the strings of coveted annual events that make the already-happening Langkawi all the more attractive. With over 40 yachts competing, this year's regatta is set for some nail-biting finish. I, for sure, plan not to miss out on the action. The question is: Will you be there?

Sweet November also greets the arrival of the fasting month. During this time, abundance and variety of food is sold to help Muslims break fast. And it's the best opportunity for both tourist and locals to savour delights that are hard to come by.

In this edition, we feature the Bird of Paradise Park and the myths and legends that have become a focal part of Langkawi till today. In ending, I'd like to wish a warm welcome to passengers on board MAS Airlines, arriving direct from London. With that, I hope you enjoy our issue of Senses as much as you'll with Langkawi.

Happy reading!

Yours Sincerely,
Tuan Besar

LETTERS

Dear Tuan Besar,

I must say, that I found your 1st issue rather insightful. I particularly like the bit on appetite. So much so, I've already jotted down the places to eat and visit for my next visit to Langkawi.

Karl Lenney, UK
via e-mail

We're glad that you loved it. You might want to get this month's issue of Senses as we are featuring a few more eateries, that are worthy of mention, indeed. - TB

Dear Tuan Besar,

I've visited Langkawi many a times but never knew that it had so much to offer. Keep up the good work and keep those interesting stories coming. Thanks for such a great magazine!

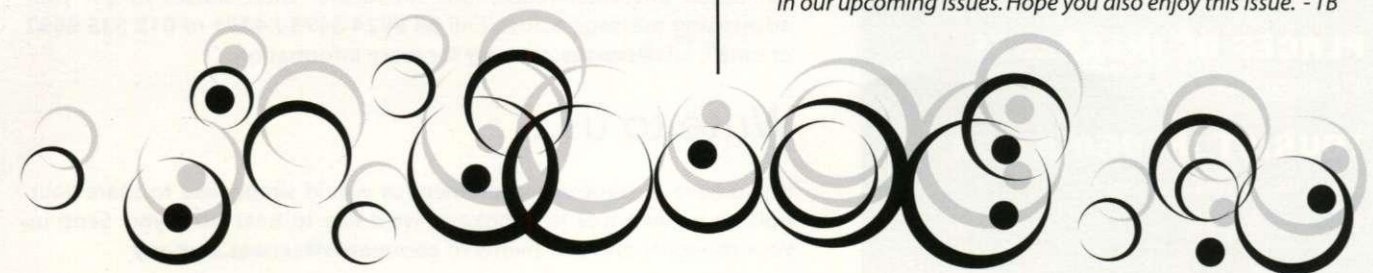
Susan Boey, Kuala Lumpur
via e-mail

Thank you for the word of encouragement, Susan. You can be sure of more interesting stories from us, in the months to come. - TB

Greetings! I had the privilege of going through your new magazine. It's a new experience all together especially the bright photos. One suggestion : can we have a section on local foods in Langkawi or Malaysia. Something traditional that you do not have at other places eg: kuih taik itik (Kelantan), kuih karas (Kedah), telur pindang (Johor). Looking forward to the next edition. Have a great one! Thanks.

Anis, Sheraton Langkawi
via e-mail

Thank you for your compliments and input. We will definitely feature the interesting local foods in Langkawi in our upcoming issues. Hope you also enjoy this issue. - TB



Editorial. Rueben Anthony, Clifford Narcis. Sarah Hess. Tricia Lim. **Contributors.** Shukri Shafee. LH Ng. James N. Naidu.

Jack Hawkins. **Photographer.** James White. **Marketing.** Ariffin Omar. Kenny Tan. Nixon Lee.

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now read this.

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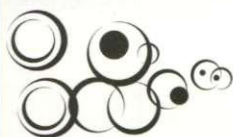
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November 2003



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Overnight passage racing, day racing and offshore racing are just a taste of what visitors can expect as teams compete in one of Asia's coveted yachting competition.



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Although tourism has transformed much of the landscape, locals still retain their strong ties to the myths that are unique to Langkawi.



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No meal is complete without rice" is an old adage that lives on till today in this part of the region.

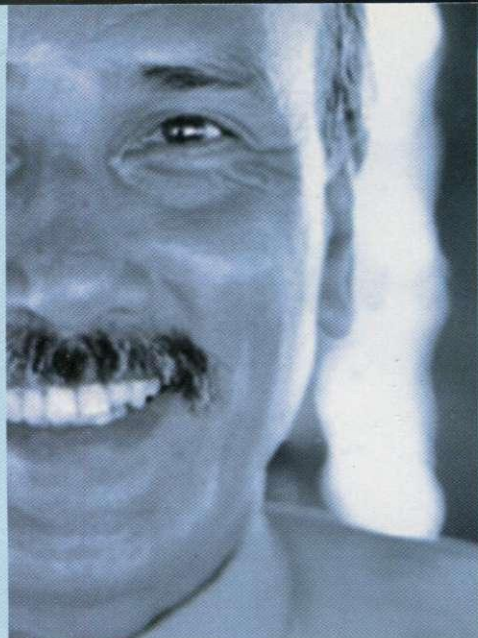
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By Shukri Shafee

the style of celebrations

Recently, we celebrated Deepavali or the Festival of Lights which is the most important day in the Hindu calendar. On Deepavali, the Hindus wake up early for an oil-bath. That done, a visit to the temple is a must for all in the family. It is the time to cleanse oneself and pray to Lord Murugan. Like all celebrations, food is an essential part of the celebration. Murukus, sweet cakes, Chicken Vindaloo and Briyani are the typical Indian food you'll find in any Open House.

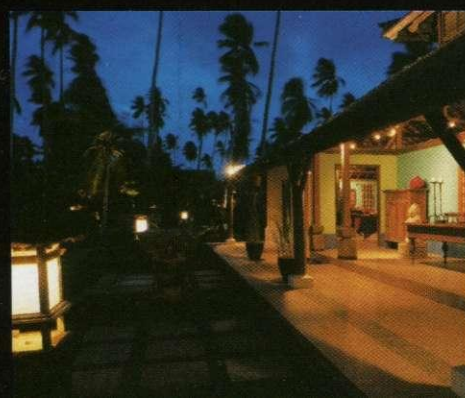
Just as we are settling down after a heavy meal, the media is announcing the sighting of the Ramadhan moon. During Ramadhan, Muslims fast from dawn to dusk for thirty days and abstinence from food or water is dutifully practised. After sunset, a heavy meal awaits. Street food-stalls are set up at every corner to sell the best of Malay food and delicacies. And it is the best time to taste a range of food that is seldom seen on

an ordinary day. However, fasting is not just about abstinence from eating and drinking. It is a time for soul searching, to be closer to God and a time to repent.

On Hari Raya, housewives will be busy preparing the compulsory dishes of Hari Raya namely the Rendang (spicy fried beef or chicken) and the Ketupat (steamed glutinous rice wrapped in pandan leaf). Not forgetting of course are the mouth-watering cakes and cookies which are a must too. Then, there's the 'open house' which is a common practice among Malaysians.

So come and partake in the merry-making and food that Hari Raya has to offer. Learn a bit of our culture and take home something worth remembering us by - the sweet memories of Langkawi and its people.

Alas, it's that time of the year again where both Malaysians and tourists indulge in the wide array of delectable savouries that accompany each festive occasion. Interestingly, this year, the festivals are back to back. There's Deepavali in October, Hari Raya in November and of course, Christmas in December. With only a month apart from each other, there's hardly any time to loosen up your belt. Then again, what's a celebration without food!



Nam Restaurant
Chin Chin Lounge
Buzz Cafe
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'The artist who's canvasses eliminates colours.'

Dato Ibrahim Hussein is Malaysia's premier artist, recognised the world over for his passionate use of colours. He is a truly gifted artist. His paintings are of life's different stories, full of heart, sorrow, soul and laughter.

He has exhibited with Andy Warhol and Salvador Dali to name just a few. So it's hardly surprising to know that he has won many accolades including the "Crystal Awards at the World Economic Forum in Switzerland.

It was only at the age of 23, while working in Singapore in an advertising agency, did he soon become aware of his special gift.

Recently, we met up with him at his museum, where he shared his loves and inspirations for Langkawi and his future works of art.



What is your favourite colour?

It would have to be white. You start with a blank canvas, and then you begin to paint your story. You never really finish a painting. As if you kept on painting you eventually would paint it all white again. Hence, coming full circle.

How would you describe your art?

That is up to others to describe, as individual tastes differ person to person. However I believe that there is no such thing as one masterpiece, if there was then we would all stop trying to recreate it.

Who do you think has inspired you over the years?

Life inspires me. As mentioned, a painting is never finished. It's like taking the journey of life step by step.

What makes you passionate about Langkawi?

The beauty of the island, the magic, the sounds of the sea and the animals. It energises me. I'm always excited to be here.

Any favourite spots you'd like to share?

Anywhere, as long as you can see the smaller islands in the distance, showing the change of colours as the sun sets. Tanjung Rhu is a great area to experience this.

When you start on a canvas do you have a preconceived idea, or does the image change as you go along?

It depends if I feel the subject is socially important to me ie. famine, suffering or political differences. I feel that it is important that these issues are recorded. Otherwise, it can be quite abstract as I go along. People will then interpret it differently to what I see the image being, but that's the great thing about art. Interpretation is an individual choice we all have.

Who would you like to paint next?

I would like to paint all the faces of the important women in the world. As I believe they are shaping and changing the world of tomorrow. That would be a big canvas..

Is that going to be your next exhibition?

(Dato Ibrahim chuckles) Maybe

You can visit the Dato Ibrahim Hussein Museum & Cultural Foundation that opens daily. We definitely recommend it. However, please call 04 959 4669 to confirm opening hours as timings may change.

FESTIVAL OF LIGHTS

Deepavali, or 'Festival of Lights' which usually falls around late October and early November, is celebrated with fervor and gaiety. It's a time for rejoicing and renewal, especially for the Hindus and Sikhs. Of course, oil lamps play a unique part of this festival as it is to thank the gods for the happiness, knowledge, peace and wealth that they have received.

During this auspicious time, parts of Langkawi are adorned with spectacular display, colourful lights and oil lamps to mark this festive period. Just as amazing is the wide variety of delicious food.

DEEPAVALI PARTY

Celebrating Deepavali with Hindus is an interesting activity, as you get to experience the Indian traditions and customs while partaking in a sumptuous feast. In fact, why not make date on November 6, 2003 to attend the Malaysian Hindu Sangam Langkawi Council celebratory Deepavali dinner. It will be held at the City Bayview Hotel in Kuah. The evening starts at 7.30pm with traditional Sitar music followed by a sing-along session to some Bollywood favourite songs and by 9pm the dancing starts.

What's more, you'll also enjoy a traditional Indian buffet. Tickets are available from Nila Island Restaurant in Kuah (behind Langkawi Mall). Tickets are priced at RM50.00 for adults and RM 25.00 for children under 12.

The proceeds of the evening are going to charity to assist a local boy who needs to go to India for a kidney transplant. For enquiries, call Nila Restaurant at 04-967 1443 or Capt. Shaket at 012-4731963.

HOLISTIC HERBS OF THE FORESTS

by James N. Naidu

In the next 20 years, as much as 30 percent of all modern drugs will be replaced by natural ones, obtained from plants. Presently, it is estimated that there are about 6,000 herbs being used worldwide as traditional and herbal cures for ailments. Of these more than 75 percent come from the rainforest.

Most of these herbs are found in a particular part of the forests known as the "herb layer". This herb layer is usually along streams and other wet locations which have an opening in the canopy for the penetration of more sunlight.

The contemporary demand for natural drugs is fast making the rainforest belt around the equator a gigantic pharmacological resource for the world.

"...about 6,000 herbs are being used worldwide as traditional and herbal cures for ailments."

In the past, too much reliance was placed on inorganic chemical drugs which have been prescribed on a symptomatic basis. Symptomatic treatment does not treat the disease as a whole; it only serves to eliminate symptoms which the disease causes but not the disease itself. Further these drugs are expensive and are known to cause side effects, which bring about further ill health.

Over the next few months we will inform you of some of the herbs that have been used for centuries in the East. Most of them have not been scientifically proven and this leaves potential for research.

Tongkat Ali - is a potent and natural aphrodisiac. It has been used in this region for centuries, and is perhaps the most interesting of the herbs found here in Langkawi. This is one herb which has been researched intensively. It assists in the increase of testosterone levels and hence the libido. It also promotes good blood circulation and appetite, as it increases the metabolic rate. It is also used in treating diabetes, high blood pressure and diarrhea. Tongkat Ali is often referred to as the Malaysian answer to Viagra.

Wild Banana - is commonly seen in the forests of Langkawi. This plant is little known but it is believed to have very potent cure for kidney and bladder stones. The juice extracted from the stem of the plant is mixed with radish juice and is drunk on an empty stomach in the morning and thereafter, as much as possible throughout the day for about two to three days. By doing so, it is believed that the stones in the kidneys and bladder dissolve and pass out painlessly.



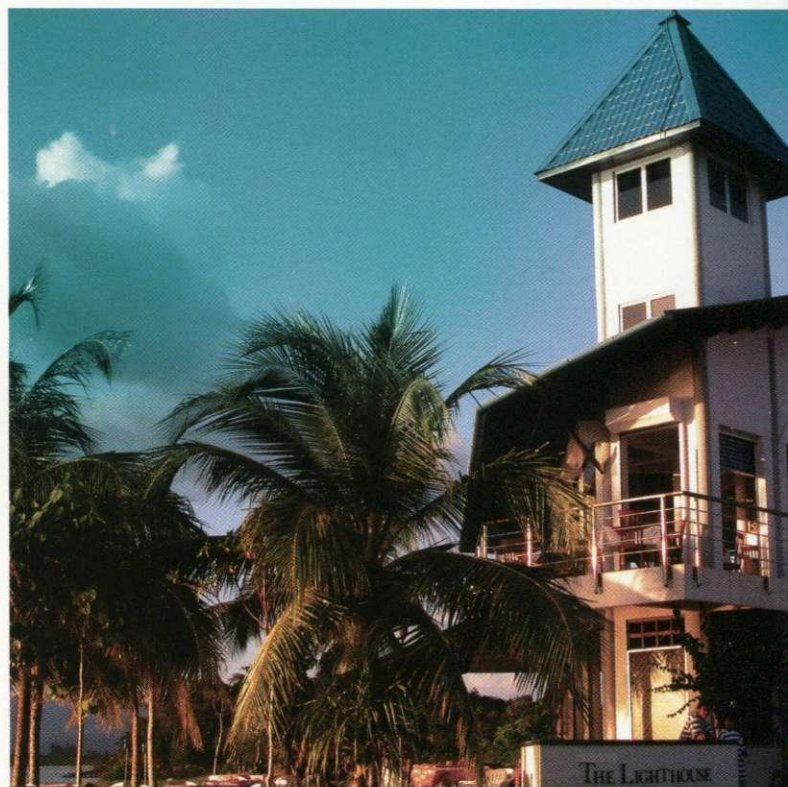
Tongkat Ali

"Tongkat Ali is often referred to as the Malaysian answer to Viagra."

During the 2nd World War, doctors in rural hospitals in Malaya, used fibre from the banana leaf stem in place of nylon to carry out suture for minor surgeries, even in appendix surgery with great success.

In future issues we will be explaining the medicinal ways that the Lemon Grass, Neam Tree and the Pegaga can assist us in our busy lifestyles.

The above is an extract taken from "Langkawi A Paradise in Eco-Tourism" please call 013 397 6439 for further information.



THE LIGHTHOUSE

Malaysian and Mediterranean Cuisine

The Lighthouse is a two and a half floor Mediterranean style building which houses the bar and alfresco dining seatings by the beach, and fine dining on the first floor.

The best view of the sunsets awaits you here while you sip your favourite cocktails or fresh juice. Call 04 955 2586 for reservations.

Last month we suggested places to go for the sunsets and evening entertainment. This Ramadhan month (between 27/10/03 – 27/10/03), we feature places that are open for breakfast and lunch.



Charlie's Place

Charlie's Place

Charlie's Place at The Royal Langkawi Yacht Club in Kuah, is a place to do breakfast and especially lunch in style. The view of the islands and the harbour makes it the perfect setting for a lazy, relaxing lunch. The restaurant serves both western and local food. It is located at the Royal Langkawi Yacht Club and is open to non members, daily from 9am to Midnight. Call 04 966 4078 for enquiries.



Red Tomato Garden Cafe

Red Tomato Garden Café

Start your day with a hearty meal while soaking up the atmosphere. The Red Tomato Garden Café in Pantai Cenang specializes in homemade yogurt, bread, hash browns and pancakes and has its own quaint courtyard. Their menu is extremely substantial and you'll be sure to return to try their many different dishes. Open between 9am and 3pm and is closed on Mondays. For enquiries call 04 955 9118.

The Beach Garden Resort

Situated right on Pantai Cenang beach. What better way to start your day than to feel the soft golden sand between your toes and listen to the lap of the waves while you enjoy your meal. Serves western and oriental cuisine. Open daily from 8.00am. Phone 04 955 1363.

The Breakfast Bar

Also situated on Pantai Cenang, has a rustic tropical charm. It always has a certain buzz with the locals and visitors enjoying the casual atmosphere. It offers delightful local dishes like the roti canai and nasi lemak as well as a selection of popular western dishes. Open between 7.00am - 2.00pm. Closed Tuesdays.

Nila Island Restaurant

Located in Kuah (behind Langkawi Mall), serves fantastic roti canai and noodles for breakfast. For lunch, wake your taste buds with its sumptuous buffet that includes some of the best Indian food on the island. Open daily between 8.00 - 9.00pm. Call 04 967 1443 for enquiries.

Restoran Cahaya Bahagia

Fancy delicious Chinese cuisine? Then Restoran Cahaya Bahagia (at the beginning of Langkawi Mall) will be perfect for you. Specializes in roast duck, pork and chicken as well as an array of lip-smacking sweet and sour dishes. Complement your meal by ordering from their selection of rice, vegetables or noodle dishes. Open daily 11am – 10.00pm.

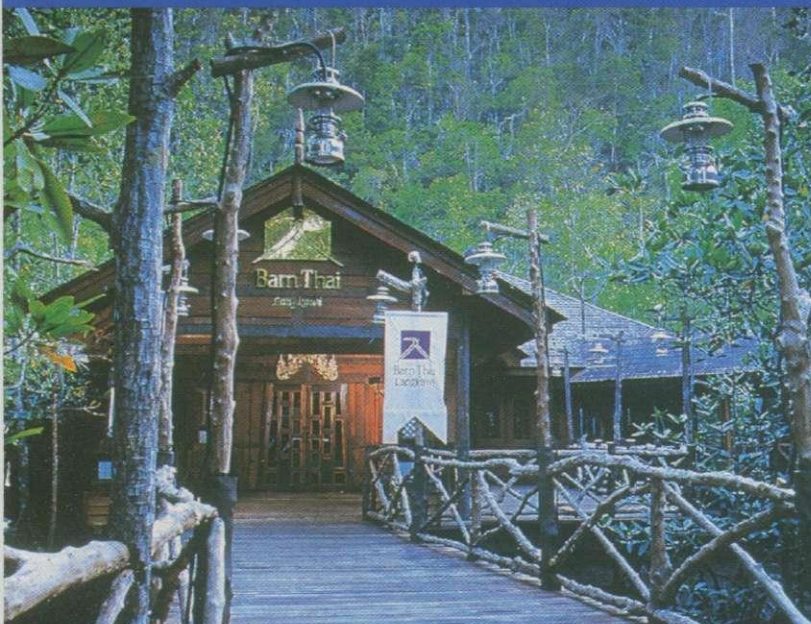
Watch out for our upcoming issues where we recommend places for dinner, traditional Malay restaurants for lunch and also where you can go for that midnight munchies. If you have a favourite restaurant you go to, please share with our readers by emailing us at comments@senses.com.my



The Pier

The Pier

The Pier near the clock tower in Kuah, is a favourite with the yachties of the island. Over looking Eagle Square, it is a quiet place for that lunchtime snack. Local and western dishes are served. A library of paperbacks for reading and internet access are available. Open from 11am to 11pm and is closed on Fridays. Phone 04 960 1293



Barn Thai

If you are looking for something a bit different, then treat yourself to lunch at Barn Thai. The second you walk pass its entrance gate you know you are destined for something special.

The 450m wooden walkway to the restaurant meanders through the mangrove swamp (no branch or trunk in the mangrove has been disturbed). At several spots there are wooden gazebos where you can sit and appreciate the mangrove and wildlife, which are an important ecological part of the island. And just when you think it can't get any better, the heady aromas of its exquisite dishes start to tease your palates.

Set in the middle of the mangrove trees, it is built on stilts in the style of a true kampong house. Built from wood, it has a very rustic, warm and welcoming feel about it. They serve mainly Thai cuisines. However, local dishes are also available. It is open daily for lunch from 12pm to 2.30pm. For enquiries call 04 966 6669.

Ramadhan Treats

One of the things we recommend you to do during Ramadhan is to try out some of the local delights sold outside at stalls called "Pasar Ramadhan". They're open daily between 3pm and 7pm throughout the fasting month. This is where the locals go to buy food for the evening before breaking fast for the day. You will also find people from all walks of life patronising these stalls as it is only during this time of the year that you get to savour almost every dish of the Malay cuisine.

Here, you'll find a wide array of colourful and mouth-watering desserts. This is because when fasting the sugar level in the body tends to be low. As such, to make up for the loss of sugar in the body, the first thing to eat is either a "buah kurma" (date fruit normally imported from the Arabian countries) or something sweet. It is only in the later part of the evening that the Muslims eat a heavy meal before fasting again the next day.

The Pasar Ramadhan can be found at these locations: Padang Matsirat, Kuah Town, the car park opposite the exhibition centre near the airport, Ulu Melaka and Air Hangat. This is something not to be missed.

NEW OPENINGS

November sees the openings of 1 new marina, 2 new funky cafes and a stylish bar that will leave you in awe. But don't just take our word for it!



ART CAFE - Feast for Art's Sake

Enjoy an unforgettable eating experience amid the splendid original artworks by Langkawi's finest. Situated on the ground floor of Langkawi Fair in Kuah Town, is a café within an art gallery. All the desserts & cakes are homemade but you'll need to get there early for the banana cake sells like hot cakes. It is open daily between 10.30am - 9.30pm. Soups, salads, baguettes and sandwiches are available as well Lavazza coffee. For enquiries, call 04 966 2188



Chin Chin - A Bar Unlike Any Other

Invariably, Chin Chin is one of the most stylish bars on the island. It is a funky Asian lounge bar with a touch of bohemia. Set in an antique Chinese shophouse, Chin Chin blends true mood and lounge music with its contemporary Chinese décor. And highly improbable yet much appreciated in this setting is its perfect concoction of champagne cocktails. Senses recommend the Lychee Fizz.

Chin Chin is situated inside Bon Ton Resort, open between 6.00pm - 01.00am daily. What's more, if you mention that you saw this article in Senses, you will receive a 20% discount. To find out more, call 04 955 6787.

Buzz Café - Tasty Treats

Need a break from buzzing around Langkawi? Why not step-in and unwind at Buzz Café. Espressos, cappuccinos, homemade cakes & biscotti, gourmet sandwiches and crisp fresh salads are just some of the temptations on offer at Buzz café. Situated at the entrance to Bon Ton resort on the Cenang road heading towards the airport, Buzz Cafe is open daily from 9.00am - 1.00am. Apart from its array of food, you'll also enjoy a 20% discount, simply by mentioning Senses. For enquiries, call 04 955 6787.

Regatta Fever To Hit Langkawi Shores... Yet Again.

Come Saturday, 15 November, 2003, Langkawi will once again play host to the most coveted competition in this part of the world, the 14th Raja Muda International Regatta (RMIR). So as they say "Fly the spinnaker, hoist the main sail, and let's go party."

The RMIR, one of Malaysia's main keelboat yachting regattas, is organised by the Royal Selangor Yacht Club. It comprises seven days of racing, island hopping and partying in that order. The fleet progresses from Port Klang making its way north to Pangkor, followed by Penang before convening in Langkawi. It is part of the Asian Yachting Circuit (AYC), which brings together the four major keelboat regattas, sponsored by Omega. After the Malaysia leg, the yachts then depart for Phuket in Thailand, and thereafter Singapore and finally racing from Hong Kong to the Philippines in April 2004.

The RMIR is open to all classes of seagoing sailing yacht, from the most modern racers to the more stately Classic boats like Dato Richard Curtis' pilot cutter *Eveline*, which regularly competes in regional events. By matching boats of similar performance into groups or classes, everyone has a chance of winning some of the attractive prizes. The overall winner of the racing class will be presented by the coveted Raja Muda Cup by His Royal Highness, the Sultan of Selangor.

All the events are run under the IRC (International Rule) Handicap System, administered by The Royal Ocean Racing Club in the UK. This takes into account the various measurements of the boats and sail areas. The handicap is applied to the time taken by each boat to complete each race, with the aim of giving each a chance to win the race on corrected time.

The first RMIR in 1990 was actively promoted by, and named at that time after the then Raja Muda of Selangor (The Prince Regent), who is now the current Sultan, (D.Y.M.M. Sharafuddin Idris Shah). Patron of the RMIR, the Sultan is a keen sailor himself having circumnavigated the world in 1995-96 in his 90ft Nautor Swan sailing yacht "*Jugra*".

Last year one of the biggest yachts was "*Jelik*" from Hong Kong (measuring 25 metres in length, with a crew of 12 and reaching max speeds of 17 knots), which won Line Honours in all 3 passage races, but unfortunately lost her keel and sank in the South China Sea in December 2002 on her way to the Philippines. Owner Frank Pong has a formidable fleet of racing yachts, and is expected to campaign again this year. The organizers have also introduced a new "Premier Cruising" class of yachts to include those over 15 metres length, and they will compete for the *Jugra* Challenge Trophy. Favourites for the Raja Muda Cup include Neil Pryde's 2001 winner *Hi Fidelity*, which is being sponsored by Omega this year.



Overseas entries are expected from Australia, (Dr John Wardill's "*Australian Maid*" has competed in 12 out of the past 13 RMIRs), Hong Kong, Thailand, the Philippines and Singapore, with several round-the-world cruising boats of all nationalities joining in. Interestingly and for the second year in a row Joan Mahony's renowned and elegant "*Dewi Bayu*" manned by all Women Malaysian Team will be participating. So good luck, ladies!

The welcome dinner will be held at Royal Selangor Yacht Club on Friday 14th November, sponsored by Tourism Selangor, and attended by Federal and State VIPs, many of whom have supported RMIR over the years with sponsorship and practical assistance.

The adrenaline starts on Saturday 15 November at midday where the RMIR begins at Port Klang, situated 50km east of Kuala Lumpur. The yachts race north along the Malacca Straits to Pulau Pangkor. This leg is 90 nautical miles and will take approx 10-12 hours for the faster boats. They anchor off Pulau Pangkor Laut, just been voted Asia's Number 1 Spa Resort by Conde Nast. So the crews have no excuses for not having luxury massages to cure their aching limbs.

"Weather is a focal part of the regatta. At this leg of the race one can expect some exciting weather, including violent thunderstorms."

On Monday 17th November at midday they leave Pulau Pangkor and race the 65 miles to Penang, taking approx 7-9 hours. Again on arrival at Penang the crews head for Georgetown where they enjoy a splendid party and prize giving at the E&O Hotel, graced by Dato Kee Paik Chin, Penang's Tourism Minister, and long time supporter of RMIR.

Weather is a focal part of the regatta. At this leg of the race one can expect some exciting weather, including violent thunderstorms. Last year a few yachts were struck by lightning, and had to be helped into port. (Not the picture postcard

images they'd hoped for.) However the bright lights of Penang are a welcome attraction for the sailors.

On Wednesday 19th November the yachts leave Penang for the last passage race to Langkawi, which is 60 miles away. Upon arrival at Kuah, contestants are then greeted by their host the Royal Langkawi Yacht Club, which provides all the amenities of their marina for the competitors. Thursday is a well earned "lay day", allowing the sailors time to enjoy touring this tropical paradise whilst indulging a game of golf, shop or unwind.

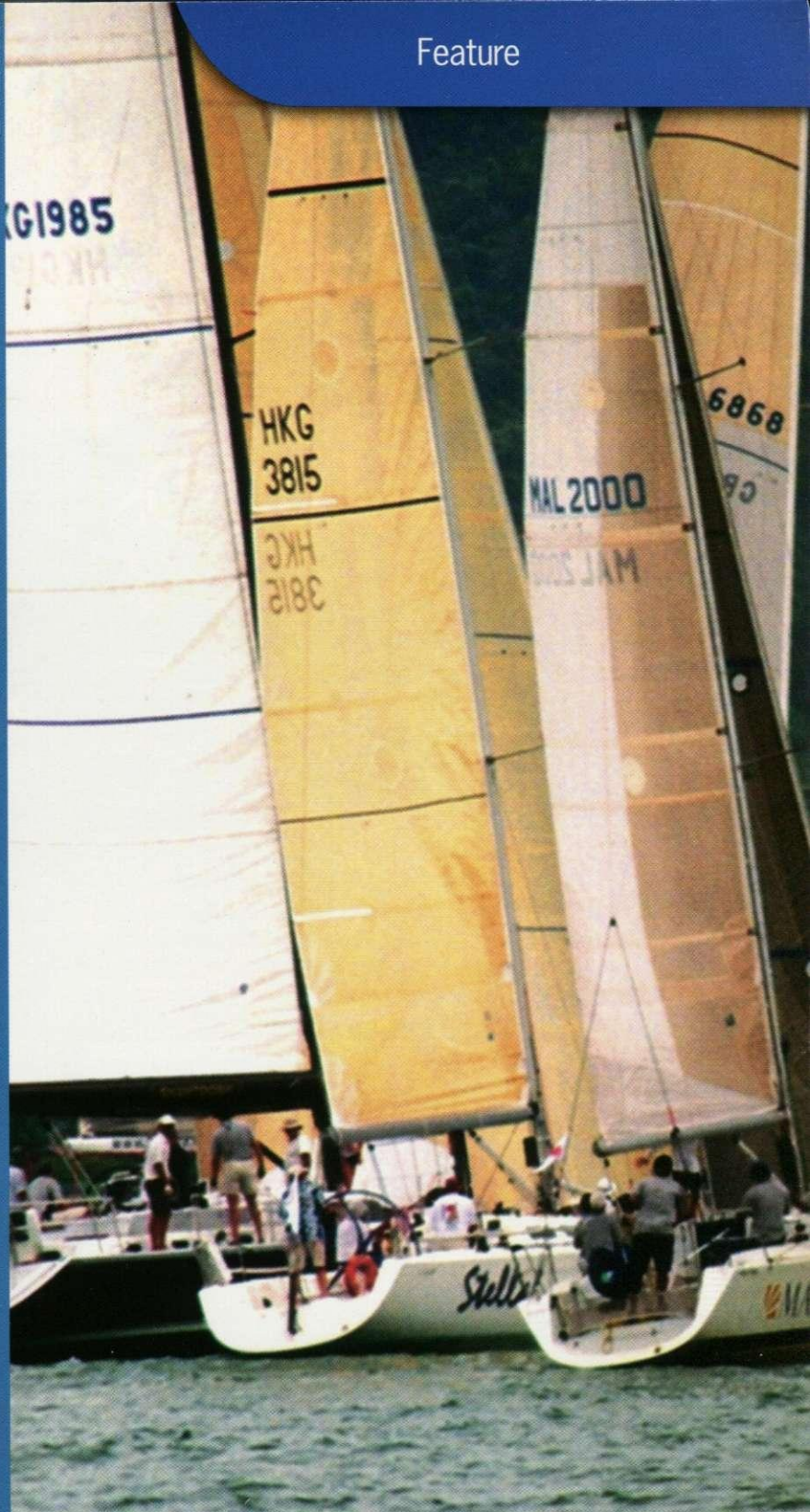
On Friday and Saturday from noon to 4pm there will be short course racing inside Bass Harbour. To appreciate the race better and watch it in style, we recommend you to have lunch at Charlie's place in The Royal Langkawi Yacht Club, where the views are simply stunning. Following the race, of course, is another splendid party and prize giving ceremony in the evening at RLYC, which is hosted and sponsored by the Club Chairman and Commodore, Tunku Abdullah Tuanku Abdul Rahman.

On Saturday evening the regatta culminates in a farewell dinner held at the Sheraton Perdana Resort and is sponsored by LADA. The Sultan of Selangor will once again be presenting the awards to the overall regatta winners, and not to mention catching up with old friends from past RMIRs.

**"At the end...,
crew performance, precise
navigation, and tactical skill
will separate the winners
from the rest of the fleet."**

As always the weather ultimately decides the winners. Strong winds usually favour the bigger yachts, while the smaller yachts will be hoping for lighter, changing conditions. At the end of the day, crew performance, precise navigation, and tactical skill will separate the winners from the rest of the fleet. However, many yachts join the RMIR for the friendship, good-natured rivalry and social fun, rather than taking the racing too seriously. The organizers aim is for everyone to have a good time.

This year who knows what will happen? If you would like to keep updated on the positions of the yachts, BBC World will be broadcasting it to over 120 countries, the RMIR web site www.rmire.com will be posting the daily results throughout the week, and of course the December issue of Senses will include a summary and details of the winners. The 4 regattas will also be filmed by the AYC team, and separate half hour TV shows of each event will be aired during 2004 on the world's major sports channels.



Dates of Omega AYC Events:

Malaysia

Raja Muda International Regatta
(November 14 - 22, 2003)

Thailand

Phuket King's Cup Regatta
(November 29 - December 6, 2003)

Singapore & Indonesia

Singapore Straits Regatta
(January 14 - 18, 2004)

Hong Kong - Philippines

China Sea Race (April 8 - 11, 2004)



LANGKAWI LEGENDS

By LH Ng

Langkawi retains a mystical quality that has as much to do with the beauty of the islands as its history and relatively recent development. Many of the local legends have actually become a mainstay of tourism, in particular the curse of the wronged Princess Mahsuri which supposedly resounded through seven generations before yielding to the modern world. Although tourism has recently transformed much of the landscape, local people still retain their strong ties to the myths and spiritual beliefs that are unique to the island.

One resident of Kuah, BH Lim, recalls when growing up as a young boy that he was advised not to go past certain ancient trees at night for fear of the pontianak (female spirit or succubus) who lived there waiting to lure children away. "It was supposed to occur so commonly that people had much fear of them. The most famous site was Bukit Malut, which is where the Langkawi Golf Club is located. Here, the spirit is said to have disturbed villagers and moved about by flying from tree to tree."

"... people still retain their strong ties to the myths and spiritual beliefs that are unique to the island."

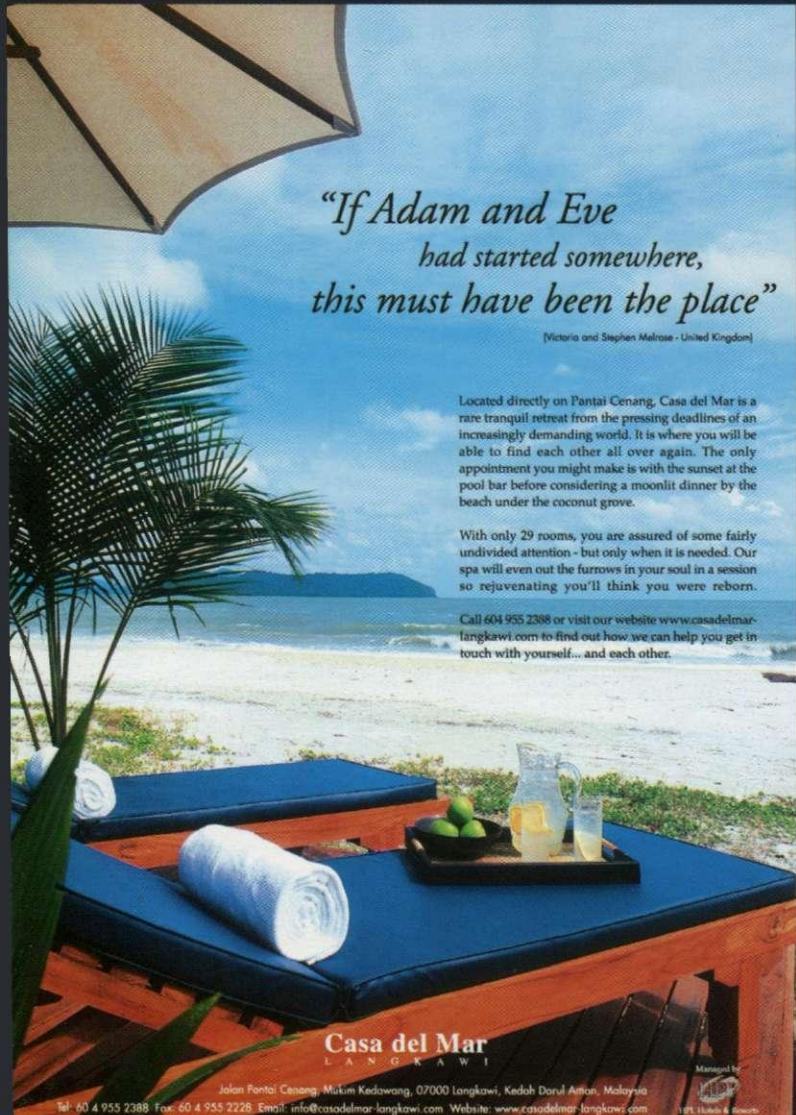
Lim recalls another incident that took place at the Bukit Malut area. "A truck broke down while going up a hill and to prevent the lorry from rolling back while he went for help, the driver found a rock to wedge under the wheels. The rock proved to be immensely heavy for its size, but after much effort he managed to place it."

The next day, he suddenly fell ill - no medication could help him. It turned out, after an examination by a bomoh (a spirit doctor versed in such matters), that the rock he moved had held a dark spirit unhappy at being disturbed from its position. Wherever you may go in Langkawi, be sure not to upset anything and always ask for permission from the spirits of the jungle before doing anything. Approaching the natural world in Langkawi requires a certain amount of respect, for not only is it a fragile ecosystem but also a space populated by creatures out of the human imagination.

However, given the number of Langkawi's myths, only a few of the stories have some basis in fact. Some of the island's biggest legends include her mountains, Gunung Raya and Gunung Mat Cincang which are believed to have formed from a supernatural curse on two battling warriors. There is no possibility that this could have taken place, but all around Langkawi, such site-specific mythology has developed over the years.

As Lim points out, "what is important now is that with the curse of Mahsuri believed to be over, there seem to be less supernatural things happening now. You can see how developed and populated the island is; many areas I used to go to as a child have been completely transformed. The foreshore development at Kuah replaced the beaches and landing spots where the fishing boats used to bring their catch. I guess you could say that just like the wild life, the natural spirits of Langkawi have gone onto other places better for them to survive in." The island of Langkawi may be inhabited by visitors and locals alike, but within the same space are spiritual legends and myths that will survive through the story-telling of generations.

In our forthcoming issue Senses will feature the curse of Princess Mahsuri.



*"If Adam and Eve
had started somewhere,
this must have been the place"*

(Victoria and Stephen Maltree - United Kingdom)

Located directly on Pantai Cenang, Casa del Mar is a rare tranquil retreat from the pressing deadlines of an increasingly demanding world. It is where you will be able to find each other all over again. The only appointment you might make is with the sunset at the pool bar before considering a moonlit dinner by the beach under the coconut grove.

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JUST A BOWL OF RICE

"In Malaysia, rice is an important essence of its culture and traditions".

"No meal is complete without rice" is an old adage that lives on till today in this part of the region. And no more is it truer than in Malaysia where almost every meal consist of a bowl of rice. In Malaysia, rice is an important essence of its culture and traditions.

The primacy of rice as a staple diet is evident in stalls and restaurants found throughout Langkawi Island. You'll also find rice cooked in many different ways what with influences of its colourful ethnic society namely the Malays, Chinese and Indians. Rice is nourishment with numerous cultural and historical nuances that are deeply woven into the fabric of Asian culture.

Rice originated in the dryer climate of Central Asia and quickly spread to the flooded plains and tropical regions. This led to new varieties of the grain being grown. The rice grown in the flooded areas is more productive then those grown in dryer areas.

A lot of hard work goes into cultivating just one crop of rice. It can take up to 5 months from the initial ploughing, sowing and to the final harvest. To start with, the better seeds are selected, watered and stored until they begin to sprout. Between 3 and 15 days the paddy fields are ploughed twice, then it is left to dry where organic compost is added. The matured seeds are then manually planted. The fields will then be flooded when required. The rice is then harvested 4 months later.

At Laman Padi, Langkawi, you can see first hand how all this happens from traditional rice growing equipment that has been used over the centuries, to viewing the different stages of cultivation using black buffaloes to plough through the mud. Laman Padi is open daily between 9 and 5pm. Admission is free.



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TANJUNG RHU RESORT
LANGKAWI



A Saffron view to complement your meal

Watch the sunset's evening blush as you dine alfresco on the beach at Saffron, the Mediterranean restaurant serving specialities with Eastern touches. This gourmet retreat at Tanjung Rhu Resort, Nature's haven at Langkawi, is open daily from 11 am to 11 pm. For reservations, call 04-959 1033.



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Birds of Paradise

The first thing you hear when arriving at The Langkawi Bird of Paradise Park is the local welcome, a very loud squawk, then you'll turn to meet a very handsome, friendly and colourful South American Macaw called Charlie, he's about 60 years of age, but he looks 21!

On entering you'll see the majestic Sea Eagle, then the noise of the Macaws and Cockatoos will quickly distract you but in a very friendly way. The colours of the Macaws are bright pillar-box red, royal blue, sun bright yellow, Kingfisher blue with a touch of iridescent green on the top of the head. They're very entertaining as they cuddle up and chatter to each other in Macaw talk while they happily munch away on the sunflower seeds. Great family photos can be taken with the Macaws but be warned when the kids start wanting to take them home.

The next elegant birds you will see are the Pink Flamingoes. They gracefully reach down into the water to eat while their pink stilt like legs look old and bending the wrong way to ours.

Meanwhile the duck pond is another entertaining sight as they swim, quack and waddle around. One of the most beautiful species here are the Mandarin Ducks. Their markings are quite striking, especially around the eye area where they appear to have just applied some eyeliner.

One of the most elegant birds here is the Golden Pheasant. The colours of the males as in all species of nature are really quite stunning. Spotting hues so varied as golds, metallic blues and Tuscan oranges, the Golden Pheasants look like Picasso could have painted them for one of his works of art.

Next to them, you will see one of South Venezuela's most famous birds, the Toucans. With their bright orange and yellow bills they certainly stand out from their black and white plumage. The bills are quite large making them look comical and unbalanced. The bill structure is light and hollow, and is conspicuous when the bird is in flight. There are four species in the park, including the Toco Toucan which has lovely blue eyes and likes having his picture taken.

Opposite, you'll see the famed bird species that protected 'Harry Potter' from many an evil, yes the owls. You can see the tiny Barn Owl, the Wood Owl but the oddest-looking would have to be the Buffy Fish Owl. They have the most penetrating yellow eyes and pointed ears which make's them look constantly surprised.



Macaws

"... the Golden Pheasants look like Picasso could have painted them for one of his works of art."

You'll then enter a covered walkway, the only one in Asia. We were fortunate on the day as there was a slight drizzle coming through which the birds loved, we were told. When you enter, you hear the birds happily chattering to each other. There are over 150 exotic birds including the pelican which looks quite clumsy waddling around. That being said, its extremely graceful flight is quite a sight to behold. You'll also see Swans, Spoonbills, Ibises, Crowned Cranes, Fairy Bluebirds and many more. If you're lucky you can see the birds being fed at various times between 10.30am and 4pm.

As you reach to the end, you'll see the majestic eagles, vultures and the hornbills. There are six different species of hornbills. One of the most friendly being the Wreathed Hornbill

Near the exit, photo opportunities are available with the Buffy Fish Owl and a Kite. You can touch and stroke both these birds. Apart from their Buffy Owl's penetrating eyes, the bird's feathers are surprisingly soft.

We have only mentioned some of the 2,500 species that can be found here. There's still a lot to see. Treat your kids and loved ones to the bird park as it serves as a great educational ground for both young and old. Here at Langkawi Bird of Paradise Park the wonders of nature will never cease to amaze you.

The Bird of Paradise Park is open daily between 9am and 6pm. Entrance fee is priced at RM15.00 for adults, RM 8.00 for children and free for kids below 3 years of age. Call 04 966 5855 for more information.

Buffy Fish Owl



CHARITY NIGHT AT BON TON

A few weeks ago, Langkawi celebrated the 4th anniversary of Dato Azhar's sailing achievement. In conjunction with the celebration, a charity event was held at Bon Ton. Proceeds from the night went to three charity homes in which over RM8,000 was raised. The money will assist in gifts for the orphanage, educational needs and computers for the down-syndrome school and financial support for the single mothers.

LIMA 2003

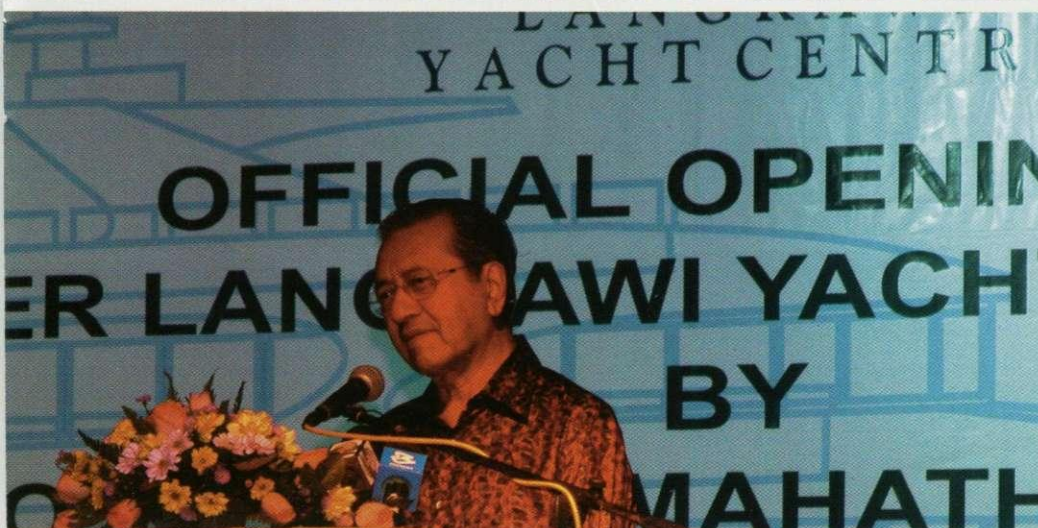
Datuk Seri Dr. Mahathir Mohamad and the Sultan of Brunei arriving at the gracing ceremony of the Maritime exhibition at Awaana Porto Malai. (far right)

Red Arrows taking to the skies in Langkawi (right)



Rugby 7's

The Langkawi Rugby Association with the co-operation of the Kedah Rugby Association and the support of Langkawi Tourism Action Council (MTPL) held its inaugural Langkawi Rugby 7's Tournament. It was a fiercely contested battle as 16 teams from across Malaysia competed. It was "Jaya 68" team from Kuala Lumpur who emerged as the better side taking home the trophy and medals.



Wavemaster Launch

Dr Mahathir, at the official launch of Wavemaster Langkawi Yacht Centre.

LANGKAWI ISLAND MAP



Location

Places of interest

- | | |
|---------------------------------|--------------------------------|
| 1 Datai Golf Club | 11 Taman Lagenda |
| 2 Temurun Waterfall | 12 Eagle Square |
| 3 Ibrahim Hussien Art Nusuem | 13 Langkawi Golf Resort |
| 4 Langkawi Arts & Craft Complex | 14 Laman Padi |
| 5 Air Hangat Village | 15 Star Cruise (Porto Malai) |
| 6 Durian Peragin Waterfall | 16 Dayang Bunting Lake |
| 7 Galeria Perdana | 17 Gunung Raya |
| 8 Birds of Paradise | 18 Langkawi Cable Car |
| 9 Gunung Raya Golf Resort | 19 Seven Wells |
| 10 Chogm Park | |

Hotels & Resorts

- | | |
|-----------------------------------|------------------------|
| H1 Berjaya Langkawi Beach Resort | H11 Kampung Tok Senik |
| H2 Mutiara Burau Bay Beach Resort | H12 Tanjung Rhu Resort |
| H3 Tanjung Sanctuary Resort | H13 Casa Del Mar |
| H4 Sheraton Langkawi Beach Resort | H14 The Datai |
| H5 Rebak Marina Resort | H15 The Andaman |
| H6 Pelangi Resort | |
| H7 Langkawi Village | |
| H8 Awana Resort | |
| H9 Aseania Resort | |
| H10 Sheraton Perdana | |

Restaurants

- | |
|-------------------|
| R1 The Lighthouse |
| R2 Bon Ton |
| R3 Fatimas |

- | | |
|--|--------------------------------|
| | Kuah Jetty |
| | Langkawi International Airport |
| | Petrol Station |
| | Hospital |

SENSES HAS OPENED "PANDORAS BOX ON STYLE & FASHION" TO BRING YOU SOME OF THE BEST THE ISLAND HAS TO OFFER.



Alam Atma

Atma Alam, situated in Padang Matsirat is a "Treasure Trove of local art & culture". All the fabric designs are original and everything is made here in Langkawi. You can buy cushion covers, Batik wall paintings, Kaftans and beautiful silk sarongs that could grace the pages of Vogue very easily. To complement your outfit, a selection of jewellery made from South China pearls is available. In the Batik workshop, you'll get to experience first hand the intricate art of hand painting on to silk and cotton. There is also an art gallery showcasing the original works by local artists.

Open daily from 9am to 6pm. For enquiries call: 04 955 2615



Ethnic Colours

For those with an appreciation for contemporary Asian household ornaments and knick-knacks look not beyond than Ethnic Colours. Located in Kuah Town, Ethnic Colours houses a fine collection of ornaments from silk picture frames in vibrant colours, elegant chopstick sets to funky flowers vases. Interestingly, they also have some stunning jewellery made from semi precious stones which are uniquely designed. If that's not reason enough to go, they're also giving out a special 50% discount on aromatic candles.

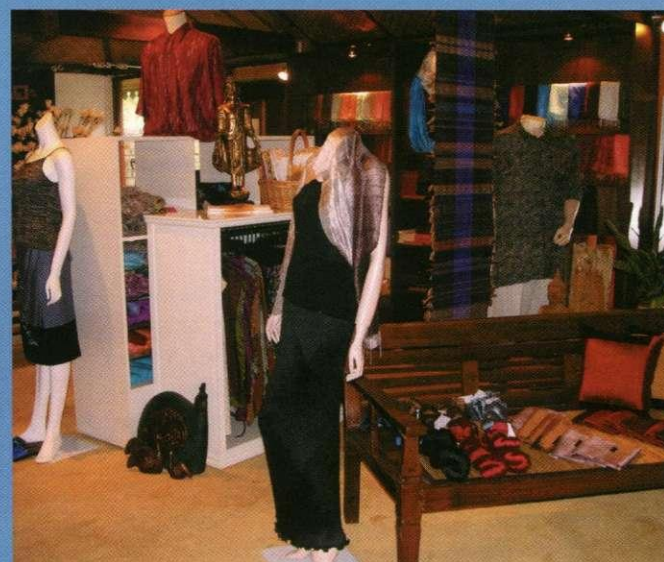
Open from 11.00am - 9pm and closed on Fridays. For enquiries call: 04-967 1970



Ombak

Ombak, which literally means waves, is famous for its selection of stylish and artistic home wares, especially the cutlery. It is the only place on the island that you can buy items made from Langkawi marble. One of the unique items is the forty varieties of hand made soaps. The soaps are made from palm & coconut oil with no animal products or unnecessary chemicals used. And don't pass up the opportunity to try out some of their Thai silk clothing in bright striking colours. They're simply exquisite.

Open daily from 10am to 9pm. For enquiries call: 04 966 6148
Location: Kuah Town



Silk Gallery

Malay silk garments are a common sight in Langkawi. They're plenty abound and hard to resist. At Silk Village, you'll find beautifully designed garments ranging from casual to evening wear. The ladies wear is exclusively designed by Suzanna Sprenger, noted for her stunning creations. If you prefer, you can buy silks by the yard to design your own creations. A selection of locally designed artifacts and specially created incense fragrance are great for presents. Handmade silver jewellery and South African stones make for a great finishing touch. All the products here are of true quality.

Open from 1pm to 9pm and closed on Mondays. For enquiries call 04 955 2827

Langkawi, A Home Away From Home

Discover the multi-faceted charm of Langkawi as uncovered by Jack Hawkins, a tourist.

When you land at Langkawi airport, you're landing on a runway strip surrounded by tiny farms, with a mountain at one end and the blue sea at the other. There's no automatic arm swinging out to meet you at the door of the plane either - the Prime Minister of Malaysia, Datuk Seri Dr Mahathir Mohamad, wanted everyone who arrived to walk across the tarmac, so they weren't cocooned inside an airport that could be anywhere in the world.

"All in all you feel welcome; not just in hotels and restaurants, but on the streets outside as well."

From then on you know this place is something special. Everywhere is green, broken only by the odd house, many still in the old Malay style. Paddy fields on one side, long stretching beaches on the other, we twist around the roads to our hotel, while the taxi driver excitedly tells us stories of the island and points out what we're passing. You'll find this happens with your drivers - they really love their home; they love to tell you the fable of the two mountains and all about the history of their country. All in all you feel welcome; not just in hotels and restaurants, but on the streets outside as well. As the locals walk along the beach in the evening, they'll smile, say hello, and chat about your day. They'll make you feel less of a tourist, and more of a guest.

We were staying at the "Casa Del Mar", on the beach at Pantai Cenang. The hotel was perfect; with only 29 rooms the service is always attentive and personal. The restaurant in the hotel, which also serves outside guests as well, served a Malay-International cuisine, perfect for a supper on the beach, lit by candles, with the sounds of the surf in the background. Don't just stay in the hotel though, as just outside, all along the road, are little local restaurants, serving Thai, Malay, Indian, Chinese and Japanese food to name just some. We discovered a tiny curry house called 'Little India' - serving curries that had more flavour and variation than any curry I'd had before.



"As the locals walk along the beach in the evening, they'll smile, say hello, and chat about your day. They'll make you feel less of a tourist, and more of a guest."

We're told by a waiter there that the boss continually travels back to India to develop his skills, and when he'd just returned, and brought with him a new Tandoori oven. Another great place for curry is 'Boom-Boom Corner', whatever you have; try a "Roti Boom" with it (it's a savoury cake that's great for soaking up all the amazingly tasty sauces). For a different style, there's the stylish "Bon Ton Resort" with an East-meets-West Malay restaurant in a traditional Malay setting. Go in the evening, have dinner, then take a walk around the Cahaya Villas (100 year old Malay houses which you can also stay in for your holiday). Or go during the day and see them in their full splendour, and have a sandwich or salad from their exceptional lunch menu. I'd also recommend the restaurant at the "Sunset Village Resort" (and if you fancy something really special ask to dine in the "Matahari Restaurant" there, where you can sit on the floor at a traditional Malay table). There's also the "Barn Thai", one of the most popular restaurants, which is right in the centre of a mangrove swamp, a 500-yard walk along a platform, serving Malay/Thai cuisine.

What should you do between meals? With near perfect weather and beautiful beaches, I spent many a day just lying in the sun and swimming in the sea; but if action's more what you're looking for, head for your nearest water sports shop and hire a jet ski, go for some water skiing, or even parasailing. You'll also find lots to do in the centre of the Island. There are adventure activities for the daring ones, or boat tours on the mangrove swamps, taking in the bat caves and charcoal farms, for those who would rather relax a little on vacation. Whichever you prefer, you should take a ride up the cable car, with spectacular views across the hundreds of islands that make up this group. In many respects it's an adventure in itself (the first section of the climb is quite a steep one!). One place we found for a great evening out was the "Seashell Café", hidden down on the beach at the "Mutia Bay Resort", with live music until the early hours, and a nice bar with very friendly staff - visit it at least once during your stay, have a drink at the open-air bar, and take in the great band that plays everyday but Thursday.

Finally, take in a night market. If you like your food - like me - give lunch a miss and wander round the numerous stalls selling mysterious fruits and vegetables, curries, noodles, and stir-fry dishes, and finish off with a "apam balik" (a pancake with a peanut and sweet corn filling - fabulous!). They're on almost everyday, from around 6:30 till 9:30pm.

We'll be coming back to Langkawi as soon as we can; hopefully you'll take to this little group of islands as much as we have.

By Jack Hawkins.
England



USEFUL INFORMATION

Emergency Services	999
Fire Emergency	994
Police	04 966 6222
Hospital	04 966 3333
Fire Station	04 966 6444
Joels Pharmacy	04 966 0180

Telephone Directory Enquiries	103
International Operator	108

Tourism Malaysia	04 966 7789
Post Office	04 966 7271
Custom Office Airport	04 955 1832
Malaysian Airlines	04 955 3580
	1300-88-3000

Air Asia	04 955 7750
Langkawi Airport	04 955 1311
Taxi Kuah Town	04 966 5249
Taxi Airport	04 955 1800

New words to assist you in practising your Bahasa Malaysia

Barapakah harga ini?
Bolehkah kamu tolong saya?
Saya ingin...

How much is this?
Can you help me?
I would like...

Terima Kasih
Jumpa Lagi
Awat

Thank you
See you again
Caution

LANGKAWI FACTS

About Langkawi

Langkawi is the largest island in the Langkawi archipelago which consists of a hundred or so idyllic islands.

Vehicle Rental

Cars can be rented for RM80 per day depending on the type of vehicle while motorcycle rental are from RM25 per day. There are also bicycles for hire.

Climate

Average temperature is between 24 degrees Celcius and 33 degrees Celcius. The dry season is from November to March.

Non-Working Days

All banks and government offices are closed on Fridays and Saturday afternoons, but are open on Sundays.

Language

Bahasa Malaysia is the main language on the Island, but English is also widely spoken here.



Seashells sells seafood by the seashore

Mutiara Burau Bay's sensational Seashell Cafe also offers delicious Tex-Mex dishes, Langkawi's coolest drinks, great live music from the Sea Urchins" and in a beachside setting without equal. When it happens, it happens at the Seashell Cafe"

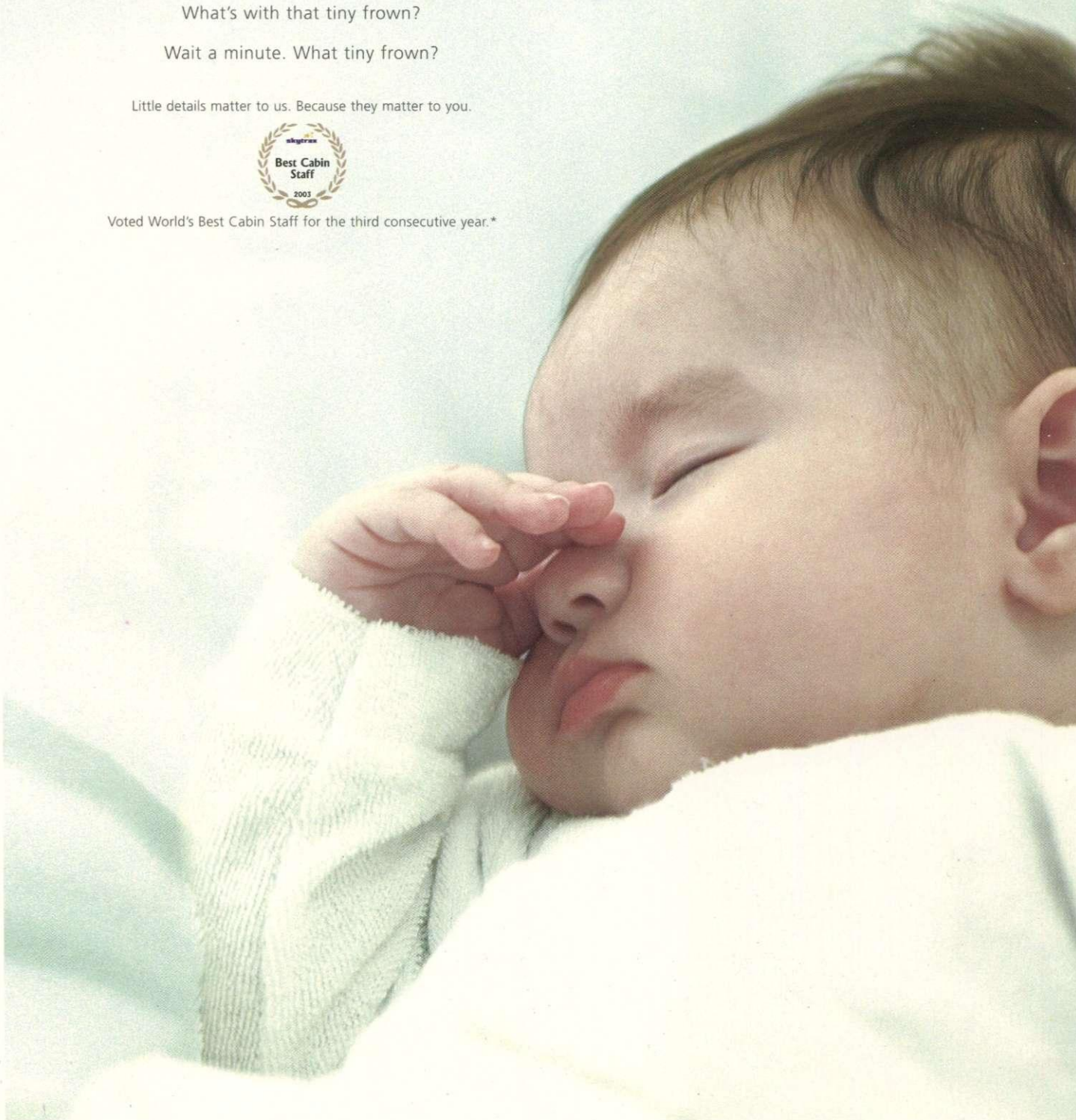
Open daily from 11am to 1am at Mutiara Burau Bay Beach Resort. Bookings are recommended. Please call us at 604-959 1061 or fax to 604 - 959 1172.

Why is there a tiny little frown
on this tiny little face?
Perhaps I should turn off the lights.
Is she feeling cold?
Let me cover her little hands.
Maybe she wants teddy beside her?
What's with that tiny frown?
Wait a minute. What tiny frown?

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